

Welcome to Triumph Pilates & Neuro Studio

We're so glad you're here! Our private studio is designed to give you a safe, supportive space where every session is tailored just for you. To help keep your experience enjoyable and effective, please review the following guidelines:

Health & Safety

- Please complete and update your intake form before starting.
- Share any changes in your health, injuries, or conditions with your instructor.
- We are not medical professionals—always consult your doctor before starting or changing your exercise routine.

Studio Etiquette

- Arrive on time so we can make the most of your private session.
- Wear comfortable clothing that allows movement (avoid zippers, belts, or jewelry).
- Grip socks are required for safety and hygiene. If needed, we offer them for sale

Please silence your phones during your session so we can stay focused on you.

Session Policies

- Sessions are by appointment only.
- A 24-hour cancellation notice is required; missed or late-canceled sessions may be charged in full.
- Packages and sessions are non-refundable and non-transferable.

Studio Environment

- The studio is reserved exclusively for you during your session.
Please respect start and end times so the space is ready for each client.
Water bottles are welcome; no food or other drinks in the studio.

Personal Responsibility

- Listen to your body and communicate openly throughout your session.
- Let your instructor know right away if something feels uncomfortable.
- Participation is at your own risk; please follow the instructor's guidance to ensure safety.
- Clients must arrange reliable transportation or a private ride to be promptly picked up at the end of their session

Our goal is to create a calm, supportive space where you feel empowered to move with strength, mobility, and confidence.
